

## Objective 3: Reduce low birth weight & very low birth weight

Maryland SHIP Vision Area 1: Healthy Babies  
Tools, Resources, and Promising Practices  
updated February 2012

### Tool Intended Audience

General Public

Clinicians

Planners



### **Information, Facts, and Figures**

#### Babies Born Healthy

State plan for reducing infant mortality in Maryland and regional maps.



#### Maryland Pregnancy Risk Assessment Monitoring System (PRAMS)

A project to help us learn why some babies are born healthy and others are not. One out of every 35 women who gave birth each month is selected, at random, to participate in the PRAMS project.



#### March of Dimes Prematurity Report Card

Provides data on premature births in the US.



#### Office on Women's Health: Quick Health Data

Provides quick and accessible data for needs assessment and policy development.



### **Maryland Services and Hotlines**

#### Get Health Care

Provides users with resources to gain access to health care in Maryland.



#### Maryland WIC

A supplemental nutrition program for women, infants and children under 5.



#### WIC Resources for a healthy diet while pregnant

Links users to WIC resources to improve diet and nutrition among pregnant women.



#### MD Quit Line

Provides users with resources to help people quit smoking.



#### Maryland Maternal and Infant Home Visiting

Home visiting programs are focused, individualized and culturally competent services for expectant parents, young children and their families, and caregivers (including friends, neighbors and kinship caregivers) in their homes.



#### Center for Addiction and Pregnancy

Innovative approach to help mothers and infants deal with the physical, emotional and social problems caused by addiction.



### **Toolkit**

#### B'more for Healthy Babies







Visitors can access information and tools for health and safety of infants, including a free safe sleep video and Text4Baby, a free service for pregnant and new mothers.



#### Pregnancy Resources for First Trimester and Beyond

Online resource of educational materials regarding all aspects of pregnancy and prenatal care. *Materials are available in several different languages including:*



<a href="#">Quit Smoking Tools</a>	English, German, French and Italian. Links users to tools to create a successful program to quit smoking.	
<a href="#">Smoking Stops Here</a>	Includes resources to support smoking cessation.	
<b>Personalized Tools</b>		
<a href="#">text4baby</a>	Free health text messaging service that supports mothers and expectant mothers by providing accurate, text-length health information and resources in a personal and timely format.	
<b>Additional information</b>		
<a href="#">Screening, Brief Intervention, and Referral to Treatment (SBIRT)</a>	Comprehensive, integrated, public health approach to the delivery of early intervention and treatment services for persons with substance use disorders, as well as those who are at risk of developing these disorders.	
<a href="#">Maryland Network Against Domestic Violence</a>	Works to eliminate domestic violence in MD through education, training, and advocacy.	
<a href="#">Maryland Alcohol and Drug Abuse Coordinators</a>	List of substance abuse County Coordinators for each of Maryland's 24 jurisdictions. County Coordinators assist local citizens and organization in identifying alcohol and drug abuse treatment needs and services, and coordinate the delivery of publicly funded treatment in each jurisdiction.	
<a href="#">Maryland Patient Safety Center Perinatal &amp; Neonatal Learning Networks</a>	The Collaborative and Learning Network Series, offered by the Maryland Patient Safety Center, demonstrates the Center's greatest strength—bringing together participants from across facilities and across the continuum of care to focus on improving patient safety and quality of care.	